

KANSAS STATE
UNIVERSITY

Counseling Services

2018 Annual Report



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DIRECTOR'S REPORT

I am pleased to share with you Counseling Services annual report for fiscal year 2018. Our focus continues to be directed toward helping students reach their full potential. Counseling Services is proud of our role in K-State's retention efforts. This report will highlight the many facets that make-up our agency.

An exciting change for Counseling Services in this past year was our move from the English/Counseling building to the Lafene building. This new space has provided Counseling Services the opportunity to better serve our students. Examples of enhancements include having an additional group therapy room that allows us to run more groups simultaneously, having a designated space for our expanding Biofeedback program, and our Outreach program now has adequate space to tackle the many preventive projects it performs across campus. No longer being forced to use a single office space to serve multiple treatment programs permits us to see more students and have more flexibility in scheduling. Additionally, our new waiting area provides a more spacious, private and welcoming atmosphere.

Counseling Services has a professional and dedicated staff whose primary goal is putting students first, by focusing on over-all student care. Our clinical, outreach, and support staff work together to form a team that strives to explore new ways to meet the mental health needs of our community. We recognize that diversity among our students is expressed in several ways from ethnicity, sexual identities, religious/spiritual beliefs, and gender identities, to name a few. Counseling Services promotes a safe environment for all students to address their presenting concerns.

Counseling Services is very proud of our American Psychological Association (APA) Accredited Doctoral Internship program. Our interns bring new energy and enthusiasm to our agency each year. We strive to attract interns with a diverse background to fit with our student population. Our Clinical Staff take great pride in training the next generation of psychologists as they go on to work at university counseling centers, hospitals, or private practices across the country. CS is confident that our Interns leave their training proud to have the K-State name as part of their professional experience and to have assisted so many K-State students.

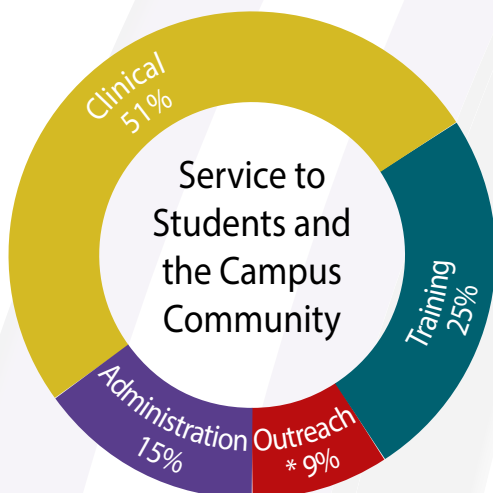
Part of our Mission is to provide services to students to address their personal, academic, and social concerns. Counseling Services is pleased that each year students give us high marks on their level of satisfaction with our services. In this past year, an average of 94% of students indicated improvement when assessing their progress in making important decisions, making progress on therapy goals, and reducing symptoms that brought them to counseling.

All of us at Counseling Services look forward to meeting the challenges and needs of our Students.

Respectfully Submitted,
Dan Larson
Director



2018-2019 Intern Cohort



* PAWS activities excluded

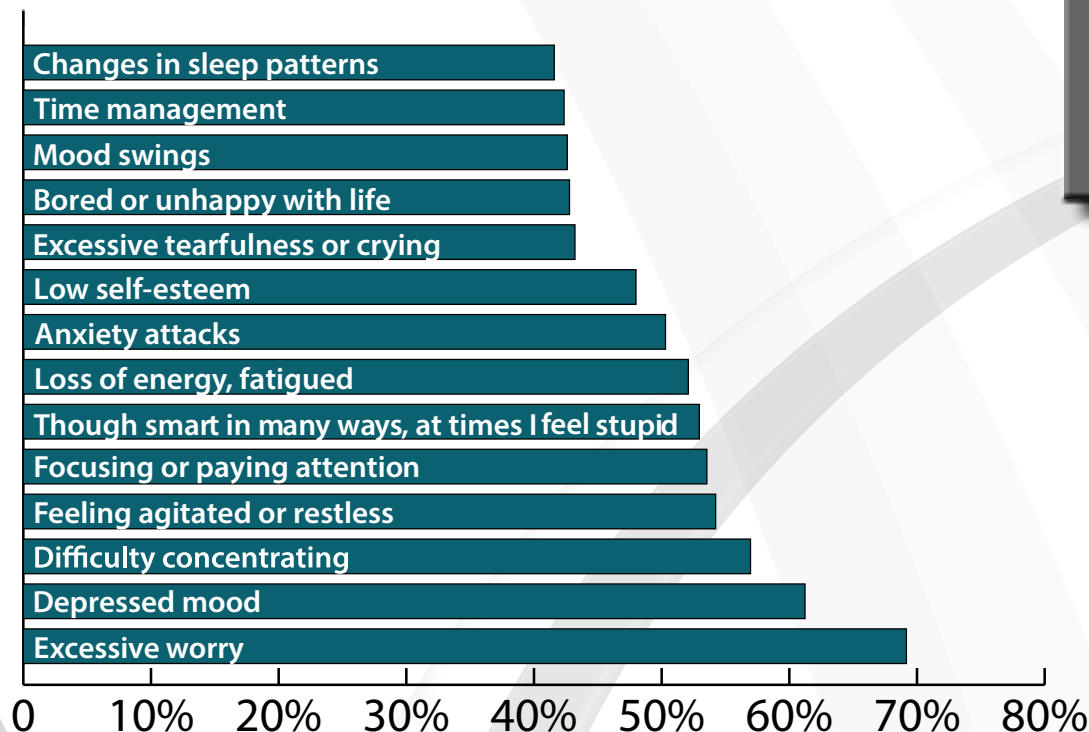
OUR MISSION

Kansas State University Counseling Services, in support of the overall mission of the University, provides high quality professional services to help all students meet their full potential – personally, academically, and socially. Within an accepting, sustaining and compassionate setting, Counseling Services provides a professional resource to attend to the psychological needs, promote the well-being, alleviate concerns, facilitate problem resolution, and enhance the success of our students.

As a professional staff, we value our culturally diverse campus community. We are committed to ethical and professionally competent behavior consistent with our training, our experience, and the mission of this university. While appropriately protecting confidentiality, we work collaboratively with other entities, both on and off campus, to promote a safe and healthy environment. During times when a critical event may occur, we are ready to offer timely response through consultation, debriefing, and follow-up to lessen trauma and promote resolution.

APPOINTMENT SUMMARY

Presenting concerns at initial contact



Moderate to
Significant Concern
at Initial Contact
FY 2018

Intentions of
Suicide
10%

Recent Thoughts
of Suicide
16%

Hurting
Myself/Cutting
6%

Recent Sexual
Assault
3%

MOST COMMON DIAGNOSES

Anxiety disorders
Major depressive disorders
Problems related to education and literacy
Problems in relationship with spouse or partner
Post-traumatic stress disorder
Problems of adjustment to life-cycle transitions
Parent-biological child conflict
Adjustment disorder
Social phobia

6575

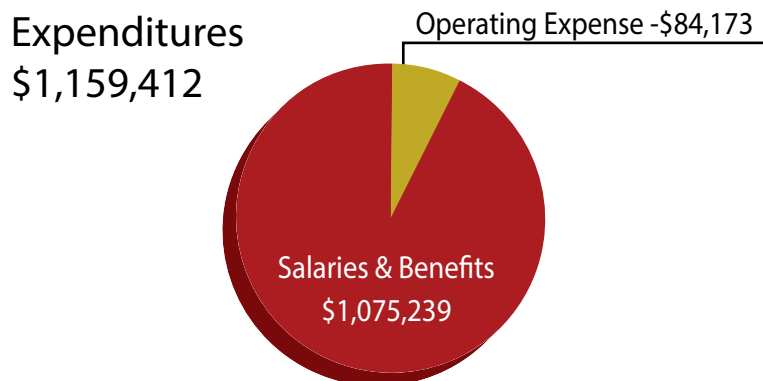
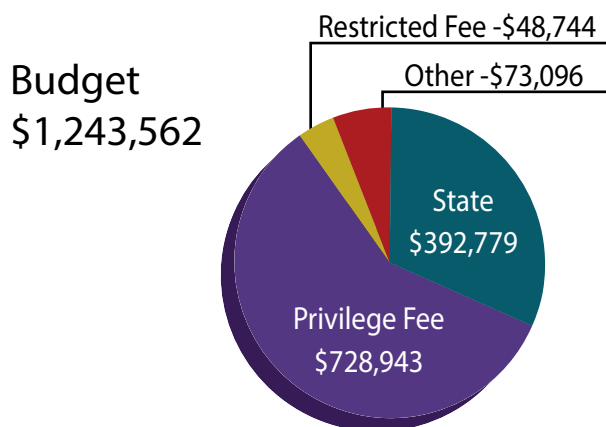
total number of visits in FY2018, up
from **6225** total visits in FY 2017

Client Outcomes For FY 2018

We consistently evaluate client progress and the impact of therapy on their life. The responses about specific areas of improvement are listed as follows:

Area of Improvement	%
Making important decisions	92 %
Coping with problem situations	94 %
Progress on therapy goals	96 %
Symptoms/concerns that brought me to therapy	95 %

FINANCIALS



In Spring of 2017, Counseling Services began its peer educator program with the intention of reaching out to students to provide education about the importance of mental health, reducing stigma about seeking help, and providing preventative resources to assist students in achieving academic, social, and personal success during their tenure at K-State. This valuable program is taught and advised by Dr. Wendy Barnes. Going into its second year, P.A.W.S. (Peer Advocates for Mental Wellness and Success) is proving to be a success in regards to outreach for Counseling Services. The peer educators have given 10 Kat Chats and 15 presentations, planned and implemented three Mental Wellness Weeks, as well as three Out of the Darkness Walks (a fundraiser for American Foundation for Suicide Prevention).



Pictured L to R: Becky Burks, Laurie Wesely, Wendy Barnes, Donna Smith, Kodee Walls, Dan Larson, Missy King, Melissa Miller, Mallory Garza, Cheryl Taliaferro, Nisha Kumar, Carol Marden, Vimean Vannavuth, Annie Connelly, Cliff Rone and Cassie Frehse

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